



# YRBSS

## National Youth Risk Behavior Survey: 2005

### Health Risk Behaviors by Sex

#### What is the National Youth Risk Behavior Survey (YRBS)?

The National YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The National YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools throughout the United States.

Health Risk Behaviors	Female Students (%)	Male Students (%)
<b>Female students were MORE likely<sup>1</sup> than male students to have engaged in these health risk behaviors...</b>		
Rode with a driver who had been drinking alcohol (In a car or other vehicle one or more times during the 30 days preceding the survey.)	29.6 (±2.4) <sup>2</sup>	27.2 (±2.0)
Attempted suicide (One or more times during the 12 months preceding the survey.)	10.8 (±1.1)	6.0 (±1.2)
Lifetime inhalant use (Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.)	13.5 (±1.5)	11.3 (±1.3)
Did not use a condom during last sexual intercourse (Among currently sexually active students.)	44.1 (±2.8)	30.0 (±3.1)
Did not participate in any vigorous or moderate physical activity (During the 7 days preceding the survey.)	11.3 (±1.3)	7.9 (±0.9)
Did not meet currently recommended levels of physical activity (Being physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≤ 5 of the 7 days preceding the survey.)	72.2 (±2.3)	56.2 (±2.1)
Did not attend physical education classes (On one or more days in an average week when they were in school.)	51.7 (±5.4)	40.0 (±4.3)
Did not attend physical education classes daily (Five days in an average week when they were in school.)	71.0 (±5.6)	62.9 (±5.2)
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight (During the 30 days preceding the survey.)	17.0 (±1.4)	7.6 (±0.9)
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight (Without a doctor's advice during the 30 days preceding the survey.)	8.1 (±1.5)	4.6 (±0.7)
Vomited or took laxatives to lose weight or to keep from gaining weight (During the 30 days preceding the survey.)	6.2 (±0.8)	2.8 (±0.7)

Health Risk Behaviors	Female Students (%)	Male Students (%)
<b>Male students were MORE likely than female students to have engaged in these health risk behaviors...</b>		
Rarely or never wore a seat belt (When riding in a car driven by someone else.)	7.8 (±1.5)	12.5 (±2.2)
Rarely or never wore a bicycle helmet (Among students who had ridden a bicycle during the 12 months preceding the survey.)	79.9 (±4.0)	86.1 (±2.8)
Drove when drinking alcohol (A car or other vehicle one or more times during the 30 days preceding the survey.)	8.1 (±1.0)	11.7 (±1.4)
Carried a weapon (For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.)	7.1 (±0.8)	29.8 (±2.6)
Physical fighting (One or more times during the 12 months preceding the survey.)	28.1 (±1.8)	43.4 (±2.0)

Health Risk Behaviors	Female Students (%)	Male Students (%)
Current smokeless tobacco use (Used chewing tobacco, snuff, or dip on $\geq 1$ of the 30 days preceding the survey.)	2.2 ( $\pm 0.6$ )	13.6 ( $\pm 2.5$ )
Current cigar use (Smoked cigars, cigarillos, or little cigars on $\geq 1$ of the 30 days preceding the survey.)	8.7 ( $\pm 1.2$ )	19.2 ( $\pm 2.0$ )
Episodic heavy drinking (Had $\geq 5$ drinks of alcohol in a row on $\geq 1$ of the 30 days preceding the survey.)	23.5 ( $\pm 2.3$ )	27.5 ( $\pm 2.6$ )
Lifetime marijuana use (Used marijuana one or more times during their life.)	35.9 ( $\pm 2.9$ )	40.9 ( $\pm 2.6$ )
Lifetime cocaine use (Used any form of cocaine one or more times during their life.)	6.8 ( $\pm 1.0$ )	8.4 ( $\pm 1.3$ )
Lifetime illegal steroid use (Took steroid pills or shots without a doctor's prescription one or more times during their life.)	3.2 ( $\pm 0.5$ )	4.8 ( $\pm 0.8$ )
Lifetime hallucinogenic drug use (Used hallucinogenic drugs, for example, LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life.)	6.8 ( $\pm 1.1$ )	10.2 ( $\pm 1.4$ )
Lifetime ecstasy use (Used ecstasy one or more times during their life.)	5.3 ( $\pm 0.8$ )	7.2 ( $\pm 1.2$ )
Had sexual intercourse with four or more persons during their life	12.0 ( $\pm 1.6$ )	16.5 ( $\pm 1.8$ )
Drank alcohol or used drugs before last sexual intercourse (Among currently sexually active students.)	19.0 ( $\pm 2.0$ )	27.6 ( $\pm 3.2$ )
Were overweight ( $\geq 95^{\text{th}}$ percentile for body mass index, by age and sex, based on reference data.)	10.0 ( $\pm 1.1$ )	16.0 ( $\pm 1.1$ )
Used computers $\geq 3$ hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)	14.8 ( $\pm 1.7$ )	27.4 ( $\pm 1.8$ )

Health Risk Behaviors	Female Students (%)	Male Students (%)
<b>Male and female students were EQUALLY likely to have engaged in these health risk behaviors...</b>		
Current cigarette use (Smoked cigarettes on $\geq 1$ of the 30 days preceding the survey.)	23.0 ( $\pm 2.6$ )	22.9 ( $\pm 2.2$ )
Current frequent cigarette use (Smoked cigarettes on $\geq 20$ of the 30 days preceding the survey.)	9.3 ( $\pm 1.8$ )	9.3 ( $\pm 1.5$ )
Lifetime alcohol use (Had at least one drink of alcohol on $\geq 1$ day during their life.)	74.8 ( $\pm 3.9$ )	73.8 ( $\pm 2.7$ )
Current alcohol use (Had at least one drink of alcohol on $\geq 1$ of the 30 days preceding the survey.)	42.8 ( $\pm 3.1$ )	43.8 ( $\pm 2.7$ )
Lifetime methamphetamine use (Used methamphetamines one or more times during their life.)	6.0 ( $\pm 1.2$ )	6.3 ( $\pm 1.0$ )
Ever had sexual intercourse	45.7 ( $\pm 3.6$ )	47.9 ( $\pm 3.4$ )
Were currently sexually active (Had sexual intercourse with $\geq 1$ person during the 3 months preceding the survey.)	34.6 ( $\pm 3.0$ )	33.3 ( $\pm 2.6$ )
Watched television $\geq 3$ hours per day (On an average school day.)	36.3 ( $\pm 2.2$ )	38.0 ( $\pm 2.5$ )
Had asthma during their life (Ever been told by a doctor or nurse that they had asthma.)	17.0 ( $\pm 1.3$ )	17.3 ( $\pm 1.4$ )

<sup>1</sup> Based on t-test analyses,  $p < .05$ .

<sup>2</sup> 95% confidence interval.

Where can I get more information? Visit <http://www.cdc.gov/yrbss> or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
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